Citz 11 **Eating Well Worksheet**  Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Michael Pollan says everything he's learned about food and health can be summed up in sevenwords: "*Eat food, not too much, mostly plants*." Do a web search on Pollan’s 7 rules for eating and summarize each rule. ( Webmd works)
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Where do you stand on Michael Pollan’s 7 rules for healthy eating? Do you agree or disagreewith some or all of what he says? Why?

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1. Draw an “Eat Well Plate” with the recommended proportions of each food group. Give some examples:

**Processed Foods and Sugar**

1. Comment on placement of certain food items in supermarkets:

|  |  |  |
| --- | --- | --- |
| Food Item | Placement | Reasoning |
| Milk |  |  |
| Profitable items |  |  |
| Processed items |  |  |

1. Describe healthiest route to shop in supermarket.
2. Why do you think reading labels on packaged food is important?
3. Why do you think being aware of marketing is important when selecting our foods?
4. List the 6 benefits of eating well and being active.
5. Summarize Canada’s Food Guide suggestions on Eating Well and give some examples from your own life of how you incorporate the suggestions.

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1. According to *The Canada Food Guide* and the *Eat Well Plate* list one healthy eating tip from each category listed that you can improve in your diet or one tip that is a regular part of yourdiet.

|  |  |  |
| --- | --- | --- |
|  | Regular part of your diet | Could be Improved |
| Vegetable and Fruits |  |  |
| Grain Products |  |  |
| Meats and Alternatives |  |  |
| Water |  |  |